

VA FARMS & Gardens Newsletter

Veterans Growing from the Ground Up

JULY
2021

VA FARMS & Gardens NEW Programing

****NEW* Gratitude in the Garden** – Starting Wednesdays July 14th from 3-3:45pm in the Madison or surrounding area. We will explore a new garden or park while cultivating gratitude through journaling. This will be offered for 6 weeks, registration for each session is required and to receive a journal provided by the VA FARMS & Gardens program. This will be offered virtual or in-person. **Please contact Ann Hanson , OTR.**

****NEW* Healing/Sanctuary Garden Development Group (phase 1)**–Starting Friday July 16th thru August 8:30-10:00am at the Madison VA. In-person Garden Club, we will share ideas in creating a safe, comfortable and calming space to cultivate balance, serenity and restore well-ness into our lives. As well as creating a haven for pollinators to enjoy and flourish! This group will also include socializing, planting, harvesting, digging, repurposing and learning. Join us in this exciting journey on Fridays. **Space is limited**, to join or learn more, please contact **Ann Hanson, OTR.** (no group on 7/23).

Gardening Club– The 2nd & 4th Tuesdays of the month from 10-11am this group explores a variety of garden topics including guest speakers. **Contact Ann Hanson, OTR to register.**

VA FARMS Monthly Peer Group– Meets 1st Wednesday of the month from 11-12pm. The first 30 minutes will be a guest speaker and the last 30 minutes Veterans share their experiences with each other in a supportive environment. **To register contact Season Horak, VRC.**

RemOTivation CogSMART– Will resume in late fall 2021.

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- July 2021 Calendar
- Covid-19 Pandemic Resources
- VA FARMERS MARKET

Are you interested in learning about farming? VA FARMS work continues to recruit!

We will have four different VA FARMS Transitional work (TW) training placement available

♦ Troy Farms & Goodman Youth Farm through Rooted

Small urban farms specializing in intensive organic vegetable farming in Madison, WI

♦ Emerald Meadows

Rural Farm specializing in organic grain and vegetable farming in Columbus, WI

♦ Carandale Farms

Rural farm specializing in strawberries u-pick operation and growing other fruits in Oregon, WI

♦ Agriculture Research Stations

Each serves a unique purpose and represent the various soils, climates, and biodiversity of Wisconsin. We have five different Ag Research Stations including: Verona—Turfgrass, Arlington—Dairy and Field Crops, Prairie du Sac—Dairy, Madison West—Horticulture and Field Crops, and Lancaster—Beef and Conservation Cropping.

Please contact VA FARMS TEAM Member Amy Ferkey VRC if you are interested or would like more information.

Self-Care Corner

Did you know?

- * *Gardens reminds us of our connection to nature.*
- * *Gardening helps us focus on the bigger picture, which can help alleviate symptoms of depression.*
- * *The physical aspect of gardening releases feel-good chemicals in the brain such as serotonin and dopamine while also working the body!*
- * *Gardening provides exposure to vitamin D.*
- * *Gardening gives us feelings of accomplishment & well-being.*



**HOME
OF THE
FREE
BECAUSE
OF THE
BRAVE**

VA FARMS & GARDENS Team:
Denise Chapin (608) 556-4193
Amy Ferkey (608) 556-4156
Ann Hanson ann.hanson@va.gov
or (608)-332-7617
Season Horak (608) 556-4127

Join the Garden Groups to experience the benefits!

BASIC PESTO

YIELD: 2 cups TIME: 15 minutes

INGREDIENTS

- 2 cups fresh basil leaves (no stems)
- 2 tablespoons pine nuts or walnuts
- 2 large cloves garlic
- ½ cup extra-virgin olive oil
- ½ cup freshly grated parmesan cheese



PREPARATION

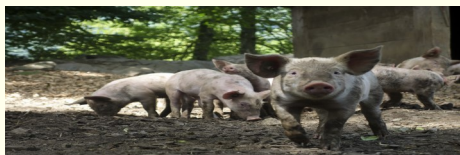
- Step 1: Combine basil leaves, pine nuts or walnuts and garlic in a food processor and process until very finely minced.
- Step 2: With the machine running slowly dribble in the oil and process until the mixture is smooth.
- Step 3: Add the cheese and process very briefly, just long enough to combine. Store in refrigerator or freezer.

Dribble in the oil and you've got a versatile sauce for pasta, chicken or fish

Resource Spotlight

MOSES-Midwest Organic & Sustainable Education Service

- MOSES is a nonprofit organization that promotes organic and sustainable agriculture by providing the education, resources, and expertise farmers need to succeed.
- MOSES educates, inspires, and empowers farmers to thrive in a sustainable, organic system of agriculture.
- MOSES organic specialists are available to answer your farming or certification questions.
- MOSES supports and offers events, webinars & podcasts.
- MOSES Organic Field Days give you the chance to see how other organic farmers manage their operations and get ideas you can use on your own farm.
- The farming section of the website provides practical information, links, and resources you need to grow and thrive in organic and sustainable farming.
- MOSES manages several projects that target specific groups, click on the individual links to learn more: [Farmer-to-Farmer Mentoring Program](#), [In Her Boots](#), [In Her Boots Podcast](#), [New Organic Stewards](#), [Organic Research Forum](#), [Wisconsin Women in Conservation](#), [Grower Groups](#).
- Sign up to receive event notices and publications to help you grow!



Ecological Landscape Alliance (ELA) continues to offer Veterans **FREE** webinars and conferences. Check out and use this coupon code at checkout for a full scholarship: [veteran-full-scholarship](#)



COVID-19 Pandemic Resources, Information & Support


For the latest CDC updates, recommendations, and information: <https://www.va.gov/health-care/covid-19-vaccine/stay-informed/form>

Follow the link for the most current information about VA's Vaccination plans: <https://www.va.gov/coronavirus-veteran-frequently-asked-questions/>. Follow this [link](#) to the CDC website for more information.

- You can follow us on Facebook: <https://www.Facebook.com/MadisonVAHospital/>
- Subscribe to our email updates on our website: <https://www.madison.va.gov/>



July 2021

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Pop-up in person garden groups may be offered to help maintain the gardens, this will include watering, weeding and a mindfulness practice! Last minute emails will be sent out, check your email frequently!</p>				1 11am-12pm Peer Support Grp	2	3
4 	5 4TH OF JULY OBSERVANCE CLINICS CLOSED	6	7	8	9	10
11	12	13 10am <u>Virtual</u> Garden Club	14 3-3:45 Gratitude in the Garden	15	16 8:30-10am <u>IN PERSON</u> -VA Garden Group	17
18	19	20	21 3-3:45 Gratitude in the Garden	22	23 NO GARDEN GROUP TODAY	24
25	26	27 10am <u>Virtual</u> Garden Club	28 3-3:45 Gratitude in the Garden	29	30 8:30-10am <u>IN PERSON</u> -VA Garden Group	31



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Follow the [link](#) to Madison VA Whole Health programming and to the calendar of offerings.

